

ATTACHMENT

Application of fluoride varnish instructions

Providers may use the following information when providing topical applications of fluoride treatments for children. Criteria for use of fluoride varnish includes the presence of factors that put a child at risk for dental caries including visible plaque on the primary incisors, carious lesions, white spot lesions, or a history of decay. Socioeconomic status can also be an indicator of risk.

Use the following instructions when performing fluoride treatments:

1. Clean the teeth. The teeth need to be “toothbrush clean” before fluoride varnish can be applied.
Application after a dental prophylaxis is also acceptable.
2. Use one drop of varnish (.3 ml) per child, dispensing it on the tray cover or in a small cup.
3. Isolate and dry the quadrant that will be treated. (A quadrant is a quarter of the mouth.) This can be accomplished with gauze or air. Drying should be thorough, but not excessive.
4. Apply the varnish to all exposed surfaces of the teeth, including the chewing and interproximal surfaces (i.e., spaces between teeth). Disposable brushes or cotton-tipped applicators can be used.
5. Repeat for the rest of the mouth.
6. Ask the recipient not to brush his or her teeth for four hours following the application. Inform parents that the child’s teeth will look yellow until the varnish is brushed off. (By this time, the fluoride will have been absorbed into the enamel of the teeth.) Follow the manufacturer’s instructions regarding eating and drinking after a fluoride treatment is performed.